

## PRACTITIONER PRESENTATION

### **Ozharvest Feast Program: Taking action on Food Waste and Health in the Classroom and Community**

Katharine Balson, OzHarvest

#### **Abstract**

OzHarvest is Australia's leading food rescue organisation rescuing 250 tonnes of food a week and delivering it to people in need. Whilst our food rescue operations ensure that surplus food gets to hungry people, it does not address the core of the problem.

Reducing food waste has been cited as one of the most effective ways of combating climate change (Project Drawdown) and with households wasting over two million tonnes of food a year in Australia, education is essential to change behaviour!

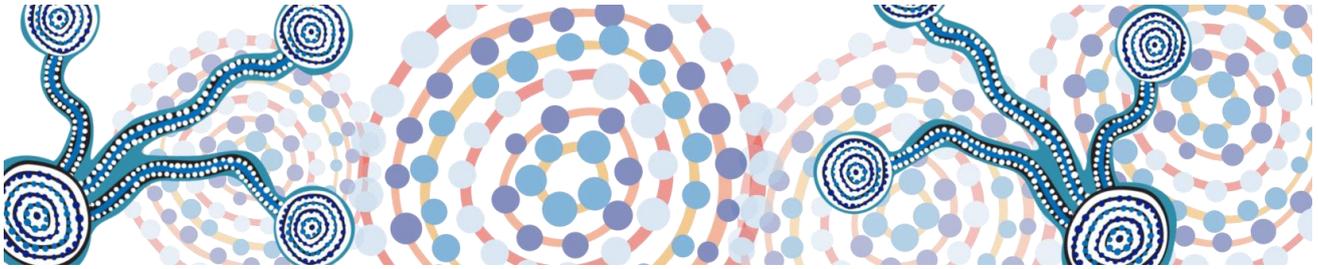
OzHarvest developed FEAST to educate and inspire primary school aged students (aged 9-12 years) about healthy eating, reducing food waste and sustainable eating practices in the home and at school. FEAST is aligned to the Australian Curriculum Key Learning Areas STEM and the cross-curriculum priority of Sustainability. Students are tasked with designing their own recipes for a 'School Cookbook' to address these topics while educating and engaging their community.

By the end of the FEAST program students, teachers and caregivers will be able to:

1. Understand the importance of food waste issues on a local and global scale;
2. Recognise what behaviours can reduce food waste in the home/school;
3. Prepare, cook and eat nutritious food sustainably; and
4. Understand where food comes from, to make informed, healthier food choices.

The FEAST program incorporates creative classroom cooking with nutritional knowledge and food waste prevention to empower students. The FEAST primary school program has been recognised as a 2020 Banksia Sustainability Award Finalist, Global Compact Network Australia SDG program and has been delivered to 250 schools across Australia impacting 11,000 students.

This presentation will explore the challenges of working to reduce food waste in Australian schools and how current education models and behaviour change theory can help to create powerful and effective programs that teachers want to implement.



## Acknowledgement

We acknowledge the Traditional Custodians of the land on which we meet and pays respects to their Elders past and present.

The ongoing rollout of the program is made possible, thanks to the support offered to OzHarvest, from local councils (City of Ryde, City of Campbelltown Councils, Port Stevens and Lake Macquarie Councils, in NSW) and organizations such as Thyne Reid Foundation; Newman's Own Foundation; Deloitte; Commonwealth Bank; Bennelong Foundation; Confoil; and Amway Australia. The FEAST program was designed by Angela Colliver (Angela Colliver Consultancy Services), Amelia Berner (OzHarvest FEAST Education Manager), Rachel Rothwell (OzHarvest NSW Education Coordinator), Graziela Machado (Graphic Designer and Illustrator), and Fiona Nearn (OzHarvest Media & Communications Manager) was the copywriter.

## Speaker Profile

Kath Balson is the Victorian Education Coordinator for OzHarvest's Food Education and Sustainability Training (FEAST). Kath's passion for sustainability education stems from her background in environmental education and over 20 years working in schools.

Kath believes education needs to be engaging, interactive and cross-disciplinary. Her work in OzHarvest's FEAST program brings her passion for Social Justice and Sustainability. She sees FEAST as a dynamic and engaging program that will deliver short and long term changes in behaviour to improve children's' health and inspire advocacy in campaigning for a healthier planet.

## Website links

→ <https://education.ozharvest.org/>

